

# The art of the game



Submitted photo

“Art of the Arcade” with Two Plumbers Brewery & Arcade showcases the history and artistry of arcades and home gaming systems, transforming the galleries into an arcade.

## ‘Art of the Arcade’ showcases the history and artistry of arcades and home gaming systems at the Foundry Art Centre

By Brett Auten

Art comes in many forms, shapes and sizes. Currently, the summer exhibition at the Foundry Art Centre is checking a lot of those boxes along with scratching that nostalgia itch.

“Art of the Arcade” showcases the history and artistry of arcades and home gaming systems, transforming the galleries into an arcade. From Atari to Xbox, visitors are invited to explore the complex world of gaming through play.

Jessica Mannisi, Director of Art & Exhibitions for the Foundry, said the response has

been nothing like anything she has seen in 20 years.

“On opening night, we had people waiting in line, which is a first,” Mannisi said. “We are having record numbers. It’s pretty surreal. This is very much a cross-generation exhibit.”

Mannisi said whether it’s the cabinets or console designs or the characters in the games themselves, stunning artwork, and often iconic creations (who doesn’t know who Pac-Man is?) can be found.

“There is a rich history of gaming and the art behind it,” she said. “This is another way to introduce people to art and show that it’s just not this static thing. Art is everywhere.”

With help from Robert Schowengerdt and his popular St. Charles establishment, Two Plumbers Brewery & Arcade, a variety of cabinet games, pinball machines, interactive wall projections, home gaming systems, gaming memorabilia, and artwork inspired by the love of the arcade will all be on exhibit, and many of the games will be on open play

Visitors are invited to play cabinet games, pinball, home gaming consoles, or even bring their own portable games and just take in the ambiance of the gallery arcade.

Special highlights include weekly featured game competitions for fun prizes and a spe-

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### Weather

	<b>FRIDAY</b> Sunny 84/64
	<b>SATURDAY</b> Sunny 89/69
	<b>SUNDAY</b> Sunny 94/71

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Submitted photos

“Art of the Arcade” will be on display at the Foundry Art Center, located at 520 North Main Center in St. Charles, until Sept. 23.

## COMMUNITY NEWS

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## ‘GAME’ from cover

cial, custom-built pinball painter for visitors to create one-of-a-kind artworks with a pinball machine. This exhibition is sponsored in part by the generous support of the National Endowment for the Arts and Soundwave Comic Xpo.

“This pinball machine is the only one we

know of in existence,” Mannisi said. “The paddles, everything, has been modified so that you can create a painting and we can hang it in the gallery.”

“Art of the Arcade” will be on view in the main galleries until Sept. 23.

“We have been averaging about 250 visitors a day,” Mannisi said. “It has been causing some excitement for kids and adults who

want to relive those childhood memories.”

The Foundry Art Centre, located at 520 North Main Center in St. Charles, raises awareness and appreciation of the arts throughout the region.

For more information, please visit [foundryartcentre.org](http://foundryartcentre.org) or email Mannisi, Director of Art & Exhibitions, at [jmannisi@foundryartcentre.org](mailto:jmannisi@foundryartcentre.org).

## CONSERVATION CORNER:

### Freshwater mussels, the polite parasites

By Dan Zarlenga

During the heat of August, people often turn to a cool Missouri stream for relief. The calmly flowing waters provide welcome refreshment from the late summer sun. While there you might notice a very interesting aquatic critter that’s so shy that it never comes out of its shell. That would be one the Show-Me-State’s freshwater mussels.

Thanks to our incredible diversity of aquatic habitats, Missouri has an impressive variety of nearly 70 different species of mussels. Clear, flowing waters of the Gasconade, Meramec, and Osage Rivers support the best diversity of mussels in the state.

Each species has distinct features and shapes to its shell. Mussels are known as bivalves because they live within two protective hinged shells, which are also called valves. The mussel inside gradually secretes materials over time that harden to form the shells. Mussels essentially make their own houses!

Much like the rings produced inside a tree trunk, the mussel produces growth lines on the outside of the shell which reveal the shapes the mussel had earlier in its life.

While the outer shell of a mussel is hard, the creature inside is soft and boneless.

These soft-bodied invertebrates are mollusks, and relatives of clams, oysters, snails, slugs, squids, and octopi.

As bivalves, mussels are



Submitted photo

filter feeders. When it comes mealtime, mussels play quite a shell game. They have one siphon that draws water into the shell, and food particles are extracted from the water as they are trapped by mucus in the animal’s gills. Debris and waste products are then expelled from a separate siphon. In this way, mussels help clean the water of streams and rivers, too.

As unusual as their feeding patterns might be, mussels have an even more fascinating reproductive trick up their shells. The male mussels release sperm, which are filtered from the water by females. The female holds the fertilized eggs in her gills, as they develop into tiny larvae called glochidia. The glochidia are parasitic, and must attach to their host, which is usually a fish.

Mother mussels have a variety of clever tricks to help them attract a host for their larvae. Some species, for example, tempt bass or walleye with lures that resemble

small fish or crayfish. When these predatory fish strike at the lure they inhale the larval mussels. Fortunately for the host fish, the glochidia are courteous parasites and cause them no harm. The larval mussels don’t wear out their welcome and rely on their host for only a few days or weeks before dropping off. They continue to develop into adults on the stream floor.

Mussels aren’t too adventurous when it comes to travelling as adults, however. In fact, most mussels stay in a single spot their entire lives. Because they don’t move around much, mussels require highly stable living conditions, and good water quality is especially important to them. Nearly two-thirds of Missouri’s mussel species are of conservation concern due to a number of water quality challenges.

As they are polite parasites, humans should return their courtesy. Everything we can do to help protect the integrity of our waterways is vital to their survival.

Dan Zarlenga is the Missouri Department of Conservation’s Media Specialist for the St. Louis Region, where he’s served since 2008. He likes to dabble in nature photography, hiking, exploring Missouri and its night skies, and occasionally backpacking and kayaking.



## Essential vitamin support for pregnant women offered by St. Charles County Health Department

The St. Charles County Department of Public Health's Health Services Division now offers a free supply of prenatal vitamin supplements for pregnant and postpartum women who are clients of the Women, Infants and Children (WIC) program. These vitamin supplements, provided through a grant, support a healthy pregnancy and early childhood, says WIC Coordinator and Nutritionist Megan Hickey.

"Prenatal vitamins play a crucial role in the healthy development of the unborn baby, preventing neural tube birth defects, improving birth weight, and ensuring proper development of the placenta," Hickey explains.

WIC clients who are pregnant or postpartum can receive a bottle containing a six-month supply of prenatal vitamin capsules when they visit for a nutritional counseling appointment at the Health Services Clinic, located at 1650 Boone's Lick Road in St. Charles. Each capsule contains a combination of 15 essential vitamins and minerals that support the increased nutritional needs of pregnant women and the developmental needs of their babies, says Hickey.

Approximately 750 bottles of prenatal vitamins were provided to the WIC program by Vitamin Angels, a nonprofit organization dedicated to improving nutritional health for underserved women and children who are at risk of malnutrition.

"We're grateful that this partnership helps us offer even more support for vulnerable families in our community who lack the resources for proper nutrition," says Hickey. "We encourage any expecting mothers who qualify for WIC to take advantage of these free prenatal vitamins, as well as all the other health services and nutritional support that WIC offers."

The WIC program provides health screenings, nutrition counseling, health care referrals, and food support for low-income women and children up to 5 years old. Mothers who participate in WIC services tend to see fewer concerns from low birth weight or early childhood malnutrition.

For more information about the WIC program in St. Charles County, call 636-949-7402 or visit [sccmo.org/WIC](http://sccmo.org/WIC).

## Understanding the impact of COVID-19 on cardiovascular disease

Now, more than three years from the onset of the COVID-19 pandemic, the impacts can be seen more clearly.

For example, the rise in the number of cardiovascular disease (CVD) deaths in 2020, the first year of the COVID-19 pandemic, represents the largest single-year increase in CVD deaths since 2015 and topped the previous high recorded in 2003, according to the latest available data from the Heart Disease and Stroke Statistics – 2023 Update from the American Heart Association.

The biggest increases in CVD-related deaths were seen among Asian, Black and Hispanic people, populations most impacted in the early days of the pandemic and brought into focus by increasing structural and societal disparities.

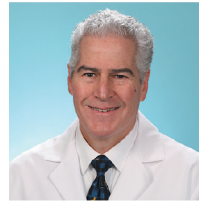
"We know COVID-19 took a tremendous toll and preliminary data from the U.S. Centers for Disease Control and Prevention (CDC) show there was a substantial increase in the loss of lives from all causes since the start of the pandemic," said Michelle A. Albert, M.D., M.P.H., FAHA, American Heart Association volun-

teer president, who is also the Walter A. Haas-Lucie Stern Endowed Chair in Cardiology, a professor of medicine at the University of California at San Francisco (UCSF) and admissions dean for UCSF Medical School. "That this likely translated to an increase in overall cardiovascular deaths, while disheartening, is not surprising. In fact, the Association predicted this trend, which is now official.

"COVID-19 has both direct and indirect impacts on cardiovascular health. As we learned, the virus is associated with new clotting and inflammation. We also know many people who had new or existing heart disease and stroke symptoms were reluctant to seek medical care, particularly in the early days of the pandemic. This resulted in people presenting with more advanced stages of cardiovascular conditions and needing more acute or urgent treatment for what may have been manageable chronic conditions. Sadly, this appears to have cost many their lives."

To learn more about the impacts of COVID-19 on CVD, visit [Heart.org/statistics](http://Heart.org/statistics).

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**Jeffrey Glaser, MD, FACS**  
Washington University Urologist  
Barnes-Jewish St. Peters Hospital

## Understanding Kidney Stones

We've all heard of kidney stones and the pain that comes with them, but do we really know what they are? Here's what you need to know about kidney stones, from the symptoms to be aware of to how you can prevent them from happening to you.

### What are kidney stones?

Kidney stones are small deposits that form anywhere along the urinary tract, but most often in the kidneys, which are located in the lower back. They can travel down the kidney tubes into the bladder and then pass through the urethra.

### What are the symptoms?

Kidney stones are usually asymptomatic until they try to pass. That's when pain in the back, the most common symptom, occurs. This pain is typically located in the side of the back, right below the rib cage, and can move to the front, down to the lower abdomen and bladder. With kidney stones, the pain is often severe compared to common low back pain. Kidney stones become more concerning when they block the flow of urine or become infected, causing a high fever or a general feeling of discomfort or illness.

### When should I seek care?

If you've never had kidney stones before and experience this kind of pain, you don't know the cause and should contact your doctor or visit an emergency room or urgent care center. However, if you have had kidney stones before, you don't necessarily need to contact your doctor unless you have a fever greater than 101 degrees or pain that makes you unable to keep any food or drink down.

### How are kidney stones treated?

Treatment depends on the size of the kidney stones. Most stones are smaller than a sesame seed and tend to pass by themselves. Stones that are bigger may get stuck and can be resolved with noninvasive procedures, such as shockwaves, or may be treated by inserting a thin scope through the urethra and breaking up the stones using a laser.

### Can kidney stones be prevented?

Yes, kidney stones can be prevented. While the biggest contributor is genetics, kidney stones form when urine is concentrated, so it's important to keep urine diluted by increasing water intake. The best guide on how much water to drink is the color of your urine — urine should appear clear. When it comes to kidney stones, staying hydrated is the key to prevention.

For more information, call: **636-928-WELL**

Schedule an appointment with a urologist:  
[BJCStCharlesCounty.org/urology](http://BJCStCharlesCounty.org/urology)



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## Department of Public Health encourages prompt back-to-school immunizations

The St. Charles County Department of Public Health's Division of Health Services encourages students in need of back-to-school immunizations to schedule an appointment in July or early August to ensure their vaccination records are up to date before the new school year.

Appointments are required for the department's Immunization Clinic and can be made by calling 636-949-1857. The clinic offers appointments Monday-Friday and is located at 1650 Boone's Lick Road in St. Charles.

Acting Assistant Director of Public

Health Samantha VanNatta suggests making an appointment early as availability will be limited Aug. 14-Sept. 4 while the department transitions to a new system for electronic medical records.

"We'll still be open for a smaller number of immunization appointments during the transition, but we encourage families to schedule their appointments sooner, rather than later, so we ensure they have what they need before school starts this fall," VanNatta says.

To protect against vaccine-preventable diseases, the state of Missouri requires children to be immunized with specific vaccines before entering or continuing education in all public and some private schools. To help parents meet these requirements, the Department of Public Health provides all recommended vaccines.

For more information about immunizations for children, visit [sccmo.org/ChildImmunizations](http://sccmo.org/ChildImmunizations).

For more information about scheduling immunization appointments, visit [sccmo.org/ImmunizationAppointments](http://sccmo.org/ImmunizationAppointments).

## Women of Little Black Book adds a new chapter in O'Fallon



Submitted photo

Little Black Book: Women in Business (LBB) is adding a chapter in O'Fallon. This addition will bring the total number of chapters to 12.

The O'Fallon chapter will be led by chapter President - Dawn Johnson (Dawn Johnson Agency-Farmers Insurance), Amy O'Neill (One Financial Group), Heather Cushing (Right at Home), and Jenna Whitmore (J. Whitmore Photography). Their Coffee & Connections will be hosted on the second Friday of the month at 9 am.

"Little Black Book: Women in Business continues to empower professional females to elevate. I am extremely proud to have talented women bringing the values and programming of Little Black Book to their community," said Angel Magasano, Founder & CEO of Little Black Book: Women in Business.

Little Black Book: Women in Business is a membership-driven professional

organization for like-minded women committed to improving themselves and their community through purposeful networking, ongoing self-development, and charity work.

The organization's mission is to connect, empower, inspire, support, and educate women as members help one another acquire the confidence, knowledge, skills, and resources necessary for professional and personal growth. Little Black Book members are a unified group of diverse, collaborative professionals coming together to grow and achieve more than they could alone. Through building positive relationships with one another, members support and empower each other to achieve work-life balance and overall personal well-being. Little Black Book stands on five pillars: Connect. Promote. Share. Give. Become.

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**TURN TO PAGES F-2 AND F-3**

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**Spotlight on O'Fallon Plaza: BEST Teacher Supply**

Best Teacher Supply is the BEST and largest teacher supply store in the entire St. Louis, St. Charles, and O'Fallon area. We are a newly remodeled female owned store. We have everything you'll need to create the perfect learning environment for your children or classroom. If you are looking for games, toys, puzzles or children's books, you can find a wide variety of unique items here. Best has a great selection of toys, games for gifted students, sensory and fidgets items for special needs and exceptional learners. We also have materials for our homeschoolers. We carry ALL your favorite publishers and manufacturers, stop by and be prepared to be INSPIRED! Your satisfaction is our top priority. Please stop by to see our new design or shop online at [www.bestteachersupply.com](http://www.bestteachersupply.com).

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**Take Notice . . .**

The events listed in this section are the latest updates as of press time, please check with individual sites for the most up to date cancellations and reschedule info.

**UPCOMING EVENTS**

**Aug. 24-27: Orchestra auditions**

St. Charles County Youth Orchestra auditions will be held on Aug. 25, 26 and 27. Students at all levels of string, wind, brass, and percussion are invited to audition. The auditions will be held at the Grace Baptist Church Fellowship Hall St. Charles. Auditions are by appointment please visit www.sccyo.org/auditions.

**Sept. 2: Car and truck show**

Trinity Lutheran Church Annual Benefit Classic Car and Truck Show takes place at 1307 Boone St. in Troy. Entry Fee: \$20 per class, first 100 registered get a free dash plaque and goodie bag. Registration takes place from 9 to 11 a.m., Participant Judging takes place from 11 a.m. - 12 p.m. 2023 Proceeds to Benefit: Supplies for Shower of Love in our local community and Capital Improvements for Trinity Lutheran Church. For more information email trinitytroy@gmail.com or call Bryan Gooding, Chair at 636-775-0306. Vendor spaces are available, call Deana Von Dach 623-734-3630 to register.

**ONGOING EVENTS**

**Mondays: Optimist Club meetings**

The Wentzville/Lake St. Louis Optimist Club meets on the second and fourth Monday of each month at 6:30 p.m. at the Wentzville IHOP, 10 Layla Lane, Wentzville, MO. For more information contact Ed Jurotich at 314-560-1868.

**Mondays: Alcoholics Anonymous**

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous at 636-970-0013.

**Mondays: Take off Pounds Sensibly**

TOPS meet every Monday at Holy Cross Lutheran Church at 8945 Veterans Memorial Hwy in O'Fallon. Meetings at 9:30 a.m. with weigh in beginning at 8:30 a.m. For more information please call Leogene Weber. 636-399-3124.

**Mondays: NAMI St. Lou-**

**is Connection Recovery Support Group**

If you have mental health concerns and need support, please come on Mondays at 6:30 p.m. at Friedens United Church of Christ at 1703 Old Highway 94 South in St. Charles.

**Mondays: Parent support group**

Because I Love You, (BILY), Gateway parent support group meets every Monday at 7:30 p.m. at First United Methodist Church at 801 First Capitol Dr. in St. Charles. For information and directions, please contact the helpline at 314-993-7550 or email gateway\_parent\_help@yahoo.com. BILY is a program of self-help for parents of troubled children (all ages). We are not professionals, but parents helping each other. The meetings are free to attend.

**Mondays: Kiwanis Club meeting**

Cottleville-Weldon Spring Kiwanis Club meets the first Monday of the month at noon at Bandana's at 3446 Pheasant Meadows Dr. in O'Fallon. Contact Mary Vaughan at 314-581-0497 or Karen Grant at 773-914-4900 for more information.

**Mondays: Seasoned eye carvers meeting**

Meetings are held from 9 to 11 a.m. at the St. Charles Senior Citizens Center at 1455 Fairgrounds (near the Bass Pro Shop). Visitors are always welcome. For more information visit <http://www.stcharlesareawoodcarvers.com/> or contact Charles Sapp at cwsapp@charter.net.

**Mondays: St. Peters Rotary Club**

Noon at St. Peters City Hall,

One St. Peters Centre Blvd. www.stpetersrotary.org.

**Mondays, Wednesdays and Fridays: Fitness First Exercise Class**

9:30-10:30 a.m., American Legion Hall, 504 Luetkenhaus Blvd., Wentzville. 314-369-6521.

**Mondays: Choral Arts Singers practice**

Choral Arts Singers practice on Mondays, from 7-9 p.m. at Connection ChristianChurch, 1332 Feise Road in Dardenne Prairie. New singers (high school and older) are welcome. Auditions are not required. See www.concertarts.org.

**Mondays, Wednesdays and Fridays: Fitness First Exercise Class**

9:30-10:30 a.m., American Legion Hall, 504 Luetkenhaus Blvd., Wentzville. 314-369-6521.

**Mondays: St. Charles County Council of the Blind meetings**

Business meetings are held on the first Monday of each month unless otherwise specified. Currently, during the COVID pandemic, meetings are held via conference call, starting at 6:45 pm. For more information, contact Beverly Kaskadden at 636-561-6947.

**Mondays: American Legion Post 388 Meets**

Meets the fourth Monday of the month at 6:30 p.m. at American Legion Hall, 607 Westridge Dr., O'Fallon, 636-219-0553.

**Mondays: Measurement Mondays:**

10 a.m. - 12 noon at the St. Charles Health Department in the Upper Level Conference room. Measurement Mondays is a family-friendly breastfeeding support group. We are open to all moms and moms-to-be who are breastfeeding or interested in breastfeeding. The group is support-

ed by the St Charles County WIC program so there will be information about the program available at each meeting. Each meeting will be a little different than the last. There will be baby weigh-ins, introductions, games, interactive education, group conversation, and even snacks.

**Mondays and Wednesdays: Tai Chi for arthritis class**

Every Monday and Wednesday a Tai Chi for arthritis class, sponsored by the city of St. Charles Parks and Recreation, takes place from 9:15 - 10 a.m. at Webster Park across from the Family Arena. This is a class that is taught nationally to manage arthritis and to prevent falls. For more information call 636-949-3372.

**Tuesdays: Toastmasters Meeting**

7 p.m. at the Midwest Bank Centre Board Room at 2299 Technology Blvd., O'Fallon, MO 63368. Info: 636-379-2505.

**Tuesdays: Cribbage Club**

Meets every Tuesday, 12:30 - 3:30 p.m. at The Falls Golf Course Clubhouse. Relaxed, friendly play and is open to all. Call 314-954-3364 for info.

**Tuesdays: Women's AA weekly meeting**

Candlelighters Women in Recovery meets every Tuesday at 7 p.m. at Dardenne Prairie Presbyterian Church (enter at Adam Lamb pre-School, turn left) at 7400 South Outer 364 at the corner with Bryan Road.

**Tuesdays: Seniors luncheon**

On the third Tuesday every month a luncheon for seniors takes place from 11 a.m. - 2 p.m. at Transfiguration Episcopal Church at 1860 Lake St. Louis Blvd. For more information call 636-561-8951. Free bingo and cards are available.

**Tuesdays: Optimist Club meeting**

The St. Charles Optimist Club meets Tuesdays at noon at Pio's Restaurant. For more in-

formation contact Jack Ross at 314-287-0569 or jack-ross@att.net.

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**SUDOKU answers from page F-1**

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7	8	2	3	1	6	9	4	5
9	1	4	5	7	8	6	2	3
2	4	1	7	9	3	8	5	6
8	7	3	6	5	4	2	9	1
6	5	9	2	8	1	7	3	4
1	2	5	4	6	7	3	8	9
3	9	8	1	2	5	4	6	7
4	6	7	8	3	9	5	1	2

**CROSSWORD answers from page F-4**

UKASE	IBS	BAHT
SIREN	MOO	PEKOE
ASYET	AWL	ANILE
SALAA	M	VIETNAM
SIB	SERA	
SPA	LULU	ENBLOC
ARTS	TANH	SEINE
LORE	SUDAN	ACID
UTICA	DINE	RICE
TOASTY	ADIT	TED
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**COMMUNITY NEWS**

**Sports you see with Gary B . . .**

**Player on Hoots gets accolade in last week of season**

The O'Fallon Hoots play their home games at CarShield Field in O'Fallon and play in the Prospect League.

Although the O'Fallon team did not make the playoffs in 2023, they did have some standout players that made a name for them.

The Prospect League is proud to announce the Player of the Week for week 10 of the 2023 season from Aug. 2 to Aug. 5.

The Week 10 Baseball Notes Bulletproof Hitter of the Week is Chase Beattie from the O'Fallon Hoots and a freshman at Saint Louis University.

No. 23 Beattie played in four games and had 18 at-bats this past week hitting .611 with 11 hits, five runs scored, one double, two doubles, four home runs, and 14 runs batted in.

He also grabbed 26 total bases and put up a 2.111 on-base-plus slugging percentage.

This is in comparison to hitting .125 in 10 games this spring for Saint Louis with one hit, three runs, and three walks.

*\*What a turnaround*

**Lindenwood picks up honors for great grades in football**

Lindenwood University recently announced they were one of the winners of the 2022-23 Ohio Valley Conference Institutional and Team Academic Achievement Awards.

The overall Institutional Achievement award, presented annually to the member institution with the greatest percentage of its eligible student-athletes that earn a 3.25 grade point average or higher for that academic year, was won by Southern Indiana, who completed its first year in the OVC in 2022-23.

The OVC Team Academic Achievement Awards, which are presented annually in each conference-sponsored sport to the member institution's team with the greatest percentage of its eligible student-athletes who achieved a 3.25 grade point average or higher, were awarded in 17 sports.

In total, nine different member institutions garnered at least one team award with Eastern Illinois and Morehead State leading the way with four apiece.

The Lindenwood Lions football squad received the institution honorees award.

The awards cap the announcements regarding 2022-23 academic year awards. It was previously announced that 1,396 OVC student-athletes were named to the Commissioner's Honor Roll (for having a 3.25 GPA or better) while 292 student-athletes achieved perfect 4.0 GPAs to earn the OVC Academic Medal of Honor.

*\*Very exciting and well-deserved accomplishment*

**Additional students receive awards at Lindenwood**

On Monday, it was also announced that 1,396 student-athletes have been named to the Ohio Valley Conference's Commissioner's Honor Roll for the 2022-23 academic year.

To be listed, recipients must have achieved at least a 3.25 grade point average, have been eligible and on the team throughout the competitive season in their chosen NCAA-sponsored sport(s) and used a season of competition.

Those numbers included 88 student-athletes who compete in non-OVC championship sports that do not compete in another conference (i.e. Southeast Missouri gymnastics, UT Martin equestrian) and 188 student-athletes who were recipients in multiple sports (and counted just once in the final total).

Lindenwood had the most selections to the Commissioner's Honor Roll (223).

*\*Impressive numbers*



*Gary Baute, a St. Louis native, may be educated in business but he lives and breathes sports. As a fan or an athlete, Gary is all sports all the time. He hosted a radio sports program on KFNS, emceed the River City Rascals' inaugural season, among many other activities. I am currently host-*

*ing a Health show on 97.1 FM, 'Prime Time Health' www.PrimeTimeSTL.com. It broadcasts Saturday nights at 8 and Sunday mornings at 9.*



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## RECIPE: Take salads al fresco for a sweet summer meal

Servings: 4

### INGREDIENTS:

#### Lemon Honey Vinaigrette:

6 tablespoons olive oil  
1/4 cup lemon juice  
2 tablespoons Dijon mustard  
2 1/2 tablespoons honey  
salt, to taste  
pepper, to taste

3 medium sweetpotatoes, peeled and sliced  
2 tablespoons olive oil  
salt, to taste  
pepper, to taste  
4 cups spring salad mix  
1 cup fresh blueberries  
1/3 cup chopped walnuts  
1/4 cup blue cheese crumbles  
lemon wedges, for garnish (optional)



### GRILLED SWEETPOTATO AND BLUEBERRY SALAD

Recipe courtesy of the North Carolina Sweetpotato Commission and Andrea Mathis (beautifulatsandthings.com)

### DIRECTIONS:

**To make lemon honey vinaigrette:** In bowl, mix olive oil, lemon juice, Dijon mustard and honey. Season with salt and pepper, to taste. Refrigerate until ready to serve.

Preheat grill to medium heat. Drizzle sweetpotatoes with olive oil and season with salt and pepper, to taste. Grill sliced sweetpotatoes on each side about

5 minutes, or until sweetpotatoes are tender and slightly charred. Remove from grill and let cool.

To arrange salad, spread spring salad mix onto large platter and top with grilled sweetpotatoes, blueberries, walnuts and blue cheese crumbles.

Top with lemon honey vinaigrette and garnish with lemon wedges, if desired.

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Find nutritional information, fun facts and summer recipe ideas at [NCSweetpotatoes.com](http://NCSweetpotatoes.com).

## Classic toys: Barbie, Atari 2600, Cabbage Patch Kids and more

### Movie:

By Steve Bryan



Born and raised in South St. Louis, Steve Bryan is now based in Anaheim, California, and has been allowed access to movie and television sets to see actors and directors at work. Though his writing has taken him far from St. Louis, Steve is, at heart, still the same wide-eyed kid who spent countless hours watching classic movies at neighborhood theaters.

On March 9, 1959, Ruth Handler, along with her husband, Elliot, created the popular 11-inch Barbie doll at Mattel, the company they both founded. Thanks to a popular television advertising campaign, the Handler's sold an estimated 300,000 dolls in that very first year. Not content to stay at home in her "Dream House," Barbie later became a professional tennis player and during the Gemini Program, the famous doll made it into space. According to "Teen Vogue," Mattel also released a Black Barbie astronaut to make the line more inclusive.

Directed by Great Gerwig, the 2023 live-action comedy "Barbie" featured Margot Robbie as the famous doll with multiple occupations and Ryan Gosling as Ken, her longtime friend and companion. With an estimated global box office take of over \$1 billion, the film proved the popularity of Barbie, Ken and other toys. Look, for example, at G.I. Joe, a toy line that initially sold very well in the 1960's but lost fans due to the ongoing Vietnam War. According to "Nostalgia Central," the soldier later became an adventurer and used accessories like a "Kung-fu Grip." Thanks to a Marvel Comics adaptation, G.I. Joe became a popular toy once again and inspired a live-action film series.

Speaking of comic books, "Action Comics #1" featured the first adventure of Superman. According to "Good Housekeeping," less than 50 copies remain in existence, but the story behind the character's creation was rather intriguing. Jerome "Jerry" Sigel and his friend, Joe Shuster, co-created Superman but they later signed a contract

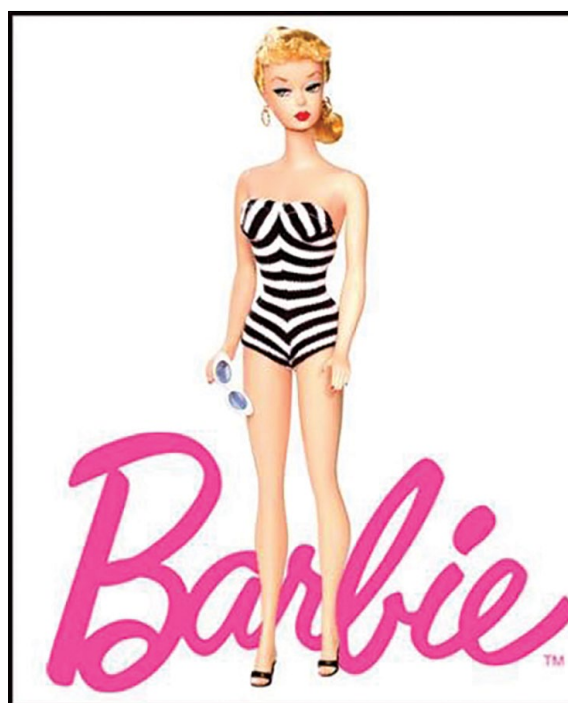


Photo courtesy Mattel

that forfeited their copyright to a character that redefined how a superhero should behave. In later years, the family of Superman comics became more focused and introduced characters such as Supergirl and the Kryptonian criminals who were trapped inside the Phantom Zone.

In 1975, Atari released "Home Pong" and later, in 1977, the company introduced a home video game console known as the "Atari 2600." The popular arcade hit "Space Invaders" also was adapted for the home market. In 1982, at the height of gaming popularity, Atari's management licensed other games such as "Pac-Man" and "E.T. the Extra-Terrestrial" for their console, but the quality of those games left something to be desired. "E.T.," for instance, was considered a rush job and highly criticized

by consumers and left the door open for Activision, Mattel and Coleco to create their own software.

One of the hottest toy trends of 80's was the Cabbage Patch Kid, but holding onto one of those dolls was a challenge. In 1983, my older brother and his friend secured a Cabbage Patch Kid, but they had to sprint quickly across a parking lot to avoid a toy crazy mob. Teddy Ruxpin, a bear that could talk and tell stories thanks to a cassette tape player in his belly, also was a popular gift in the later part of the 1980's. "Speak and Spell," another 1980's success, helped children have fun while learning the alphabet.

Those of us who grew up in the 1970's and 80's can appreciate the classic games and toys of our youth. Do you have a favorite game, toy or game console from childhood? Let us know.



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## MOORE ON LIFE: *Cattiness*

By *Cindy Moore*

Well, well, well if it wasn't International Cat Day last week. I'll admit I for one did not forget my finicky felines. Last year I missed it by a day and paid dearly for it. I'll never get that smell out of my purse.

This year I made sure not to miss it. I set the alarm on my phone a week ahead of time and made all the special preparations before the big day.

I surprised the furballs-of-the-living-dead with a tray of their favorite treats: sardines on crackers, tuna kabobs, toasted salmon patties and lumps of butter in the shapes of mice.

"Get up, get up my lazy loafing lumps of lard!" I hollered, waking them from their dozy slumbers.

"Huh?" said the Fat One. "This better be good. I was just dreaming about chasing Sir Sniffalot, the annoying neighbor's dog. I had him cornered and was about to lay some kung fu claw artwork all over his face."

"Oh, it's a good reason alright. It's International Cat Day."

"Pshaw," said the Fatty. "Wake me up when the universe decides it's Cat Day...as it should be. When will you bipeds realize our authority? We are all-knowing and all-powerful. Who else can fall comatose at a moment's notice, yet become fully awake at the sound of the ring pull on a can of Fancy Whiskers grilled meats?"

The skinny one chimed in, "Hey, keep it down. I'm getting my 1,000 winks in and am only on wink number 127. Besides, I haven't fully forgiven you for your



thoughtless actions of last year. I hiss every time I think of your forgetfulness."

"Chip chop my fuzzy wuzzy babied beasties. I've got a tray of your favorites to make amends for my inexcusable abuse and negligence," I said as I edged the tray towards them.

The Fat One licked a mouse-shaped butter pat, then wretched and pushed it away. "Hmph, I was expecting the butter to be in the shape of Sniffalot, that way I could lick his face off. Can't you read my mind? Oh, sweet misery, good servants are so-o hard to find nowadays."

The skinny one was unresponsive and had fallen back into oblivion.

Well, I tried and failed – again.

That means only one thing; I'll be sleeping with one eye opened until next year.

*Cindy Moore is the mother of three superlative kids, servant of two self-indulgent felines and wife to one nifty husband. Her fictitious occupation? Archeological Humorist: someone who unearths absurdity and hilarity in strange and unusual places including public restrooms, the lint filter, and church meetings. Most recently, she excavated a find in her neighbor's bird feeder.*



The opinions expressed in this column are Cindy Moore's alone and do not reflect the opinion of the owners or staff of Community News.

## LIFESTYLE: Use your mudroom for less household mess

Often positioned near the primary point of entry, mudrooms are a popular addition to many family homes. These organizational dynamos are the perfect place to catch muddy boots, backpacks, sports equipment and dirty paws before they make it all the way into the main living areas.

Luxurious mudrooms in high-end homes can sometimes boast custom cabinetry, full bathrooms, laundry facilities, showers for pets and direct pantry access.

Regardless of whether your mudroom is an actual room or just a small space near the front door to hang bags and jackets, the organizational basics are the same:

**CORRAL CLUTTER:** One of the most important items in any mudroom is storage for shoes, pet supplies, backpacks, sporting equipment and other items. If built-in storage isn't in your budget, put up a sturdy shelving unit with a bin or basket for each family member.

**GET HOOKED:** Securely anchor a row of strong hooks along the wall for coats, hats, scarves or other seasonal accessories that may otherwise find themselves dropped on the floor upon arriving home.

**MUD HAPPENS:** Mudrooms are meant to handle dirt so nix the carpet and lay down tile or hardwood flooring. Pick a stylish rug to catch dirt in its tracks while also adding a design element to the space.



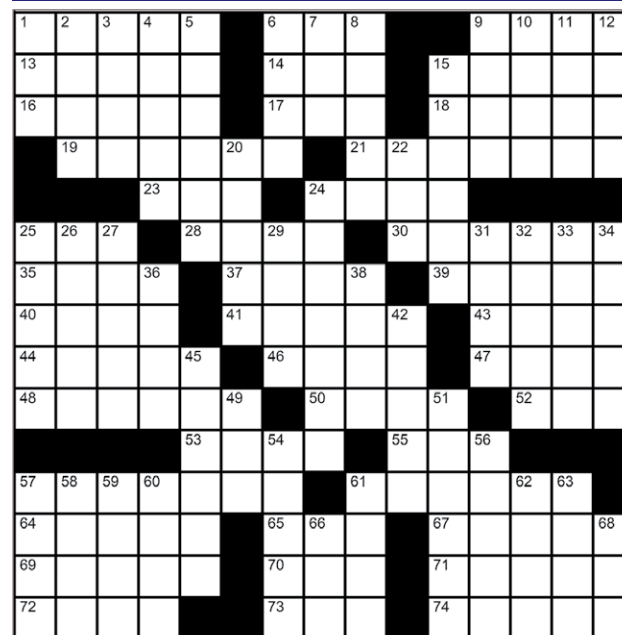
Photo courtesy of Inspiash

**SHOE SPACE:** Place a wooden bench or sturdy coffee table near the door so everyone has a place to sit while removing shoes. Slide a few baskets or bins underneath as an alternate location for storing backpacks and other gear when not in use.

**TAKE COMMAND:** Create a family command center by adding a small cabinet or desk with a corkboard above. It makes for a perfect spot to stash keys, charge cell phones, open mail, sort school papers and post the family calendar.

Find more organization tips and tricks at eLivingtoday.com.

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### ACROSS

1. Russian czar's edict or proclamation
6. Common stomach disorder, acr.
9. Thai currency
13. Femme fatale
14. Cow greeting?
15. High-quality black tea
16. Heretofore (2 words)
17. Used for making holes
18. Old and feeble
19. \*Precedes or follows alaikumin a greeting
21. \*Robin Williams' "Good Morning, \_\_\_\_\_"
23. Family memb.
24. Blood fluids
25. R&R spot
28. Standout
30. All together (2 words)
35. Crafts' companion
37. Hyperbolic tangent
39. River in Paris
40. Traditions typically passed on by word of mouth
41. Home of Darfur
43. Opposite of base
44. Carthage's ancient neighbor
46. Have supper
47. Condoleezza of politics
48. Pleasantly warm
50. Type of mine passage
52. JFK's brother
53. Famous Allen Ginsberg poem
55. Band booking
57. \*Hello in Normandy region
61. \*Hello in Haifa
64. Letter-shaped girder
65. Female reproductive cells
67. Did like a lunatic
69. L in AWOL
70. Nada
71. Greet the day
72. "Musical" constellation
73. Precedes whiz
74. It typically has 4 doors

### DOWN

1. Stars and Stripes country
2. \*Unspoken greeting in France
3. Ned Stark's youngest daughter
4. Prevents one from seeing
5. Have as logical consequence
6. Mosque prayer leader
7. \*Japanese greeting move
8. To crack, as in case
9. Out of shape
10. Kindred
11. \*Hello in Spain or in Mexico
12. Overwhelm like bees
15. Hymns of praise
20. Borders on
22. Cholera
24. Shadow-utilizing timepiece
25. \*Hi, in France
26. Prefix with type
27. Places in the heart
29. Praise
31. Kind of hug
32. In accordance with law
33. In the cooler
34. Like surrendered land
36. 1/60th of min, pl.
38. \*Shakeable appendage
42. Horse greeting?
45. Don't try this here? (2 words)
49. \*Greetings to \_\_\_\_\_
51. "Toddlers & \_\_\_\_\_," reality TV
54. Amiss
56. Sunlight's interference
57. Hillary's hubby
58. Do as directed
59. Getting warm
60. Cup of joe
61. White \_\_\_\_\_ in retail
62. "Metamorphoses" poet
63. \_\_\_\_\_ Verde National Park
66. Contend
68. Cub's home